

ADHD Worksheet

1. Reflect on your daily experiences with ADHD symptoms. What challenges did you face today, and what strategies helped you navigate them?

2. Describe a recent moment when you felt particularly focused or engaged. What factors contributed to this experience, and how can you replicate it in the future?

3. Explore the impact of ADHD on your relationships, both personal and professional. How do your symptoms influence your interactions with others, and how can you communicate your needs effectively?

4. Write about any patterns or triggers you've noticed in relation to procrastination or disorganization. How can you implement structure or support to manage these tendencies?

5. Consider the strengths and unique abilities associated with ADHD, such as creativity or hyperfocus. In what ways do these traits enhance your life, and how can you leverage them to your advantage?

6. Reflect on your current treatment plan or coping strategies for managing ADHD. What techniques have been effective, and are there any adjustments you'd like to explore?

7. Explore your emotions surrounding ADHD, including any feelings of frustration, acceptance, or empowerment. How do these emotions shape your relationship with your diagnosis?

8. Consider your long-term goals and aspirations. How does ADHD influence your approach to setting and pursuing these objectives?
